

Misurazione del 15-12-2010

Peso	90,00 kg
Massa grassa	21,60 kg
Massa magra	68,40 kg
Fabbisogno Proteico	116,3 g
Blocchi	17

Distribuzione dei pasti

Colazione (7:00)	☒	☒
Spuntino (11:00)	☒	☐
Pranzo (13:00)	☒	☒
Spuntino (18:00)	☒	☐
Cena (20:00)	☒	☒
Spuntino (23:00)	☒	☐

Modifica Orari

Modifica Blocchi

LA MIA
DIETA
ZONA

Peso

,00 kg

Spuntino (11:00)

30

colle rosse e
vero

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[Manca un'ora e 9 minuti]

Salva

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Liyong Dong



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